



# Facebook Fuels Depress, Panic and Violence

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## Opinion

Volume 3 Issue 3

Received Date: August 31, 2020

Published Date: September 09, 2020

DOI: 10.23880/abca-16000133

## Opinion

He is only 21 and has 5000 friends, already travelled so many places. What am I doing, nothing? My life is so poor! 100 likes, 5 shares, 15 comments nice! Do I like this photo? Does he really need more likes? Did he ever like any of my photos? Social media that was supposed to make us “social” is rather turning us into unhappy, selfish, and envious and selfie-addict individuals. You don’t get it? We’ll explain that for you! Face-to-face social interactions enhance well-being and Facebook connection push people into endless cycles of interacting with strangers, quasi-strangers, and brands. A research conducted by Holly B Shakya, Nicholas A Christakis finds the negative associations of Facebook use were comparable to or greater in magnitude than the positive impact of offline interactions.

Exaggerated misinformation and rumor reporting can and does subsist in any medium. But Facebook created a medium that is optimized for fakeness. On October 20, 2019 four people were killed and over 50 others injured in a clash between villagers and police over an unverified Facebook post in Borhanuddin upazila of Bhola district in Bangladesh, to protest a derogatory Facebook post. A clear disaster emerged where United Nations human rights investigators say Facebook has been a clear dissemination channel for hate speech and propaganda that are driving an ethnic cleansing campaign that’s displaced more than 10,00,000 Rohingya people to Bangladesh and killed thousands.

In 2018, Facebook confessed an app made by Global Science Research and Alexandr Kogan, related to Cambridge Analytica, was in 2014 to return personal data of up to 87 million Facebook users without their consent, by utilizing their friendship relation to the users who sold their data via the app. The company and its employees have also been subject to litigation cases over the years. The USA Children’s Online Privacy Protection act, requires minors aged 13 or younger to gain explicit parental consent to access commercial

websites of the 1,007 households surveyed for the study, 76% of parents reported that their child joined Facebook at an age younger than 13.79% of the correspondents said that their children and acquainted children received physical threats through social media and online games.

## Incident

14-year-old girl Nasima (alias) reads in 10th grade. She met a young man on Facebook and started an affair from there. After sometime the two decided to meet. Nasima went to meet the boy on the special day and date. After chatting with him for a while the boy took her to a house, raped her then left her at the hospital in a miserable state. Her family had to rescue her from there.

According to CBS News and also the Telegraph stresses the use of Facebook can have psychological effects, including feelings of jealousy and stress, a lack of attention, and social media addiction, in some cases extended to comparable to drug addiction. Sometimes excessive Internet users reported having larger clashes in their any kind of relationships. It has also a detrimental effect on marriages, people worried about their spouse’s contacts and relations with other people online, leading to marital breakdown and divorce. Stalking and sexual harassment is now common phenomenon and victims reported it started with online in Facebook chat or messages.

Students who post illegal or otherwise inappropriate material have faced disciplinary action from their universities, colleges, and schools including expulsion due to lack of media literacy. Others posting like libelous content relating to faculty have also faced disciplinary action. Using Facebook in higher education suggests that there may be some small educational benefits associated with student Facebook use, but waste their valuable time on engagement

into Facebook. Why do we have to always take a selfie and post it on Facebook? What's the point?. The very simple answer is we have given others the right to judge me and we determine our value, our importance, to the number of likes, comments and shares of a social media post! We judge our self-worth, our potential based on the number of followers we get. In fact people become Narcissist when frequency time spent on social media, of status updates, number of friends or followers, and frequency of posting self-portrait digital photographs. Sometimes difficulty quitting social networking sites is comparable to quitting smoking or giving up alcohol. Our students should develop a healthy commonsense value so that physical exercise, yoga, face-to-face interaction with human beings, picnic, study tour, travel suggestion to be added.

Sometimes Facebook forced suicide, which alarms social media's influence on suicide-related behavior. Suicide is a leading cause of death worldwide: approximately 1.54million people will die from suicide in the year 2020, according to the World Health Organization. Suicide has been recognized not only as a personage phenomenon, but

as being influenced by social and environmental factors, and there is conclusive evidence that the Internet and Facebook can influence suicide-related behavior. As the internet becomes more ingrained in people's everyday life, the mental and emotional damage it can potentially cause to an individual increases. The major social media companies hire persons called attention engineers, who borrow principles from Las Vegas Casino Gambling, among other places, to try to make these products as addictive as possible. A person can become addicted to social media and/or internet-explained in details in a research of Nottingham Trent University. Chamath Palihapitiya, who previously served as the executive of Facebook and responsible for user growth, isn't an active user, himself. He said, I think we have created tools that are ripping apart the social fabric of how society works. No civil discourse, no cooperation, misinformation, mistruth- all due to social media. And this is not affecting only America or Russia but the whole world. And the only possible solution is stop using it. I just don't use these tools anymore, I haven't for years. If you look at my Facebook feed, I probably posted two times in the last seven years. Because I believe this is rusting our society, our societal foundation, pretty badly.

